Aquatic Fitness, Land Fitness, and Wellness Center enrollments will now take place in the Wellness Center Lobby. Enrollment begins May 4. ROSE.EDU/WELLNESS
**HOW TO ENROLL**

**TELEPHONE:** 405.733.7351  
Credit card enrollments only.

**IN PERSON/OFFICE HOURS:** Mon – Fri 8:00 am – 5:00 pm  
Cash, check, or credit card enrollments accepted. The Wellness Center office is located in the Health & Physical Education building. Enter through the south doors and enroll in the Wellness Center lobby.

**SENIOR DISCOUNT**  
Senior students, 60+, look for the fee with the $, to see the price for a senior student.

**IMPORTANT DATES**  
Classes begin the week of June 1st and classes end the last week of July 20th. However, the Wellness Center membership is available through Aug. 15th. The Aquatic and Wellness Center will be closed on July 4th.

**FAQS, PARKING, & STUDENT ID**  
For a complete list of FAQs about dropping classes, refunds, and canceled classes visit rose.edu/wellness.

<table>
<thead>
<tr>
<th>Parking Decal</th>
<th>$5</th>
<th>#5725</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student ID</td>
<td>$2</td>
<td>#5726</td>
</tr>
</tbody>
</table>

**OPEN SWIM & WELLNESS MEMBERSHIPS**

**OPEN SWIM MEMBERSHIP**  
This membership allows students the use of the Rose State College Aquatics Center pool. Some students will swim as part of an exercise regimen and others for fun and relaxation. Several swim times are scheduled throughout the week to accommodate almost any schedule.

June 1 – July 31  
Adult #5409 $35  
Emeritus #5410 $23

**WELLNESS CENTER MEMBERSHIP**  
This membership includes unlimited use of Rose State Wellness facilities. The Wellness Center is open six days a week, and is closed when the college is closed. Cardio machines, free weights, and a multi-purpose gym floor are available for community use. This membership also includes Open Swim.

June 1 – August 15  
Adults #5411 $35  
Emeritus #5412 $23

**Open Swim Hours**  
Mon – Thurs 7:00 am – 8:00 am, 12:00 pm – 1:00 pm, 4:00 pm – 5:30 pm  
Friday 7:00 am – 1:00 pm, 4:00 pm – 5:30 pm  
Saturday 7:00 am – 9:00 am, 11:00 am – 1:00 pm

**Facility Includes:**  
The **STRENGTH TRAINING** area is equipped with a full line of state-of-the-art Life Fitness Signature Series training equipment and Hammer Strength free weight training equipment.

The **CARDIOVASCULAR TRAINING** area is equipped with state-of-the-art Life Fitness treadmills, cross trainer elliptical’s, recumbent bikes, and upright bikes.

The **OPEN ACTIVITY AREA** is used for multipurpose recreational activities and open-exercise classes, as well as credit and non-credit classes.

The **AQUATIC CENTER** has an indoor heated pool with whirlpool, sauna, locker, and dressing rooms. Remodeled in 2014.

The **WELLNESS ASSESSMENT LAB** offers risk factors, body fat, flexibility, blood pressure, muscular strength, and cardiovascular endurance screenings.
AQUATIC FITNESS

Classes marked with an * are shared academic/non-credit classes.

AQUA DANCE
Try our Aqua Dance class that is easier on your feet and joints. Feel the resistance in the water as you shake and move to the music.

Mon & Wed  June 1 – July 20
Staff  6:40 pm – 7:30 pm
POOL  #5413 $49/$42S

AQUA ZUMBA®
Do you love Zumba® and the water? Then try our Aqua Zumba® class that is easier on your feet and joints. Feel the resistance in the water as you shake and move to the Latin Zumba® music.

Tues & Thurs  June 2 – July 21
C. Chiemelu  10:00 am – 10:50 am
POOL  #5414 $49/$42S

AQUATIC FITNESS
Students will participate in water exercise in both shallow and deep water. The latest in buoyancy and resistance equipment will be utilized. Exercising in the water is less stressful on the joints and one of the best ways to get in shape quickly.

Mon & Wed  June 1 – July 20
P. Walker  8:00 am – 8:50 am
POOL  #5415 $49/$42S

Mon & Wed  June 1 – July 20
P. Walker  9:00 am – 9:50 am
POOL  #5416 $49/$42S

Mon & Wed  June 1 – July 20
C. Kelly  1:00 pm – 1:50 pm
POOL  #5417 $49/$42S

Mon & Wed  June 1 – July 20
C. Kelly  2:00 pm – 2:50 pm
POOL  #5418 $49/$42S

Mon & Wed  June 1 – July 20
Staff  5:40 pm – 6:30 pm
POOL  #5419 $49/$42S
AQUATIC FITNESS CONT.

Tues & Thurs June 2 – July 21
C. Chiemelu 8:00 am – 8:50 am
POOL #5420 $49/$42S

Tues & Thurs June 2 – July 21
C. Chiemelu 9:00 am – 9:50 am
POOL #5421 $49/$42S

Tues & Thurs June 2 – July 21
P. Walker 2:00 pm – 2:50 pm
POOL #5422 $49/$42S

Tues & Thurs June 2 – July 21
Staff 5:40 pm – 6:30 pm
POOL #5423 $49/$42S

DEEP WATER FITNESS
This is a non-impact workout done completely suspended in deep water. Participants focus on core strength development and muscle conditioning. Water belts and other flotation devices will be provided.

H2O STRENGTH TRAINING
Aquatic Strength Training uses the resistance of the water to work the body. Actual weight lifting moves are done in the pool during this workout. Resistance equipment will be used, and the format will include a warm-up, muscle conditioning of all major muscle groups, and a final stretch.

Mon & Wed June 1 – July 20
P. Walker 11:00 am – 11:50 am
POOL #5425 $49/$42S

LOW INTENSITY WATER AEROBICS
This course is a therapeutic water exercise program. It is applicable for persons with a variety of physical challenges. Class size is reduced for more individual attention.

Mon & Wed June 1 – July 20
C. Kelly 10:00 am – 10:50 am
POOL #5426 $49/$42S

Tues & Thurs June 2 – July 21
C. Kelly 1:00 pm – 1:50 pm
POOL #5427 $49/$42S

FOCUS: ON HEALTHY LIVING
**STRENGTH TRAINING**

This class will include a warm-up, strength training using dumbbells, and a cool-down session, which will include flexibility exercises. Proper forms for both strength training and for flexibility will be stressed. Perfect for the beginner to advanced individual who wants to build bone density as well as muscle strength and endurance.

Mon & Wed  June 1 – July 20  
C. Kelly  9:00 am – 9:50 am  
HPE 112  #5432  $49/$42S

---

**STRETCH & RELAX**

Reduce stiffness, stress, and anxiety by stretching in comfortable positions for the student. Most stretching will not require the floor, but a chair instead. Various stretches will allow the student to focus on their breathing and relaxation.

Friday  June 5 – July 24  
C. Kelly  9:30 am – 10:20 am  
FA 108  #5433  $39/$25S

---

**T’AI CHI FOR BETTER BALANCE**

When practiced on a regular basis, T’ai Chi can improve one’s balance, thereby reducing the risk of falling. Based on the traditional 24 Short-Form Yang Style, this 8-form community program coordinates breath with movement, involves both weight- and non-weight-bearing stances, progresses from easy to more difficult, and promotes overall well-being.

Mon & Wed  June 1 – July 20  
P. Walker  10:00 am – 10:50 am  
HPE 112  #5434  $49/$42S

---

**WEIGHTS & CARDIO**

Students will learn how to improve their muscular endurance and strength, and the proper lifting technique of each machine. Learn more about different weight lifting programs, number of sets, repetitions, and the amount of weight to lift.

Mon & Wed  June 1 – July 20  
R. Summers  10:00 am – 11:40 am  
HPE 114*  #5435  $59/$50S

Mon & Wed  June 1 – July 20  
T. Hill  5:20 pm – 7:00 pm  
HPE 114*  #5436  $59/$50S

---

**MILITARY SWIM PASSES**

The Military Swim Pass is intended as a short-term pass for Military personnel to utilize the Aquatic Center during Open Swim times, to practice for Military Physical Readiness Testing. In order to purchase a Military Swim Pass, the patron must be an active member of the military and show their Military ID. For those patrons who intend to use the Aquatic Center for more than 10 visits, they will need to purchase an open swim membership.

10 Passes  
#5408  $10

---

**MASTER SWIM**

This is an adult aquatic fitness program for adults who have chosen aquatics as a means of exercise for a healthier lifestyle. Learn the techniques to improve your strokes and how to breathe efficiently. This class is for swimmers, tri-athletes, and anyone wanting to improve their swimming ability and efficiency. All four strokes will be covered: freestyle, backstroke, breaststroke, and butterfly, or just come and workout with other master swimmers.

Mon & Wed  June 1 – July 20  
Staff  7:30 pm – 8:30 pm  
POOL  #5428  $49/$42S

---

**LAND FITNESS**

*Classes marked with an * are shared academic/non-credit classes.*

**CHAIR AEROBICS**

This class features low-impact exercise designed for those who want or need to improve their cardiovascular system, muscle strength, flexibility, and endurance. This class is perfect for people who cannot stand on their feet for long periods of time.

Mon & Wed  June 1 – July 20  
C. Kelly  11:00 am – 11:50 am  
FA 108  #5429  $49/$42S

---

**PILATES/YOGA/STRENGTH**

Students will build muscle while burning fat, starting with strength training to improve and tone the muscles. Then, slowly move into Pilates and finish with Yoga, which elongates the body to improve balance and coordination.

Tues & Thurs  June 2 – July 21  
C. Kelly  9:00 am – 10:00 am  
FA 108  #5431  $49/$42S

---

---

---
Tues & Thurs June 2 – July 21
R. Summers 12:00 pm – 1:40 pm
HPE 114* #5437 $59/$50S

YOGA
Yoga is the practice of physical postures, integrated with breathing techniques to release tension and promote strength and flexibility of body, mind, and emotions. This simple practice is accessible to everyone in any physical condition.

Tues & Thurs June 2 – July 21
D. McCauley 5:40 pm – 7:20 pm
FA 108* #5438 $59/$50S

YOGA CRUNCH ABS
This is a fat burning yoga class that fuses strength training and core abdominal work with traditional yoga practices.

Mon & Wed June 1 – July 20
C. Allen 10:00 am – 11:40 am
HPE 112* #5439 $59/$50S

ZUMBA® FITNESS & TONING
Can’t get enough of Zumba®? Then take Zumba® Fitness & Toning which will consist of a variety of calorie-burning Latin, Hip Hop, Belly Dance, and many other International dance moves. Weights, stretching, and other various strength and muscle-toning exercises will take place during this class, to maximize your workout. So let’s shed those pounds and sculpt our bodies together!

Mon & Wed June 1 – July 20
L. Steinmetz 5:20 pm – 7:00 pm
HPE 112* #5441 $59/$50S

ZUMBA® TRIPLE THREAT

Tues & Thurs June 2 – July 21
P. Walker 10:00 am – 11:40 am
HPE 112* #5442 $59/$50S
YOUTH PROGRAMS

LEARN TO SWIM

CHOOSING THE CORRECT LEVEL
To ensure your child’s proper placement, please carefully review the class levels. If you are unsure about the placement, enroll your child in the lower level. Children who have had more than a three-month break from swimming should repeat the previous level as a refresher course. Children registered for an inappropriate class level are not guaranteed a transfer because the correct level may be full. Children will be tested on the first day of class.

PARENT/TOT
Parent/guardian accompanies children 9 months to 3 years old in the water and receives feedback and guidance from an instructor. Class emphasis is on fun and safety as well as establishing comfort in the water. Children develop water entry, bubble blowing, rudimentary arm and leg action, back floating, underwater exploration and more.

PRE-SCHOOL
Class is for children ages 3 to 5 years of age at any swimming level. Class is tailored to the needs of younger swimmers. Children should be willing to participate in a group setting without parent/guardian. Fun and safety are emphasized while children are learning swimming skills. Time will be spent working on water orientation and exploration, floating, kicking, arm and hand movements, opening eyes and exhaling under water, and floating comfortably. Front and back crawl skills will be introduced.

INTRODUCTORY
Must be at least 5 years old to enroll. Class is designed for the swimmer who feels comfortable in the water but may need support from noodles or kickboards. This class promotes independent swimming skills in a structured class setting. Class is designed to give the student success with fundamental skills while focusing on proper techniques for front and back crawl. Students will be introduced to other skills such as turning over while swimming and entry into deeper water.

BEGINNER
Must be at least 5 years old to enroll. Students should feel comfortable in the water and be able to swim 5 yards independently with supervision. Concentration is on building confidence and the refinement of the front crawl and back crawl using rotary breathing. Students will be introduced to butterfly and elementary back stoke kick, deep water entry, and safety skills.

INTERMEDIATE
Must be at least 5 years old to enroll. Children must be able to swim 15 yards front and back crawl. Concentration is placed on the coordination, refinement and endurance of previously learned strokes. Students will be introduced to breaststroke, elementary backstroke, and sidestroke.

ADVANCED/INTRO. TO SWIM TEAM
Primary objective is the refinement of all strokes so students swim with ease, efficiency, power, and smoothness over greater distances. Students in this class must be able to swim at least one continuous length of the pool in front crawl and back stroke and be prepared to swim several lengths of the pool each class meeting.

TUESDAY/THURSDAY PROGRAM
SESSION 1 $35
June 2 – June 25
Swim Levels   6:40 pm – 7:20 pm  7:30 pm – 8:10 pm
Parent Tot 5443
Pre-School 5447
Introductory 5451
Beginner 5455
Intermediate 5459
Advanced/Intro to Swim 5463

SESSION 2 $35
July 7 – July 30
Swim Levels   6:40 pm – 7:20 pm  7:30 pm – 8:10 pm
Parent Tot 5444
Pre-School 5448
Introductory 5452
Beginner 5456
Intermediate 5460
Advanced/Intro to Swim 5464

SATURDAY PROGRAM
SESSION 1 $30
June 6 – July 11 (No class July 4)
Swim Levels   9:00 am – 9:40 am  9:50 am – 10:30 am
Parent/ Tot 5445
Pre-School 5449
Introductory 5453
Beginner 5457
Intermediate 5461
Advanced/Intro to Swim 5465

SESSION 2 $30
July 18 – August 15
Swim Levels   9:00 am – 9:40 am  9:50 am – 10:30 am
Parent/Tot 5446
Pre-School 5450
Introductory 5454
Beginner 5458
Intermediate 5462
Advanced/Intro to Swim 5466
RAIDER SWIM TEAM
Children will participate in a structured workout. They will refine their strokes and learn flip turns, starts, and finishes. Team members will participate in swim meets with other area swim clubs. Children must be able to swim 25 meters of the following Strokes; Front Crawl, Back Stroke, and Breast Stroke. Practice times vary depending on age and skill level. All swimmers will be evaluated and placed into first or second practice. Ages 6-18.

First practice - Tuesday/Thursday 6:30 – 7:30 and Fridays 5:30-7:30
Second practice - Tuesday/Wednesday/Thursday 7:30 – 8:30 and Fridays 5:30-7:30

*Must have coach’s approval to sign up for Swim Meet Only.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Swim Team</th>
<th>Swim Meets Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUNE</td>
<td>5467 - $40</td>
<td>5469 - $15</td>
</tr>
<tr>
<td>JULY</td>
<td>5468 - $40</td>
<td>5470 - $15</td>
</tr>
</tbody>
</table>

PERSONAL TRAINING
Sessions will be scheduled during Wellness Center hours of operation. An assessment will take place for the first session, followed by four workout sessions with the personal trainer. If you have already had a personal assessment with your personal trainer, then you will be able to participate in five workout sessions with the personal trainer. Each session is one hour each.

Personal trainers available: Liz Brown, Robert Summers, Thomas Hill, Catherine Chiemelu.

#5483-#5487 $195/$166S
Wellness Center
6420 SE 15th Street
Midwest City, OK 73110
405733.7351 | rose.edu/wellness

Rose State College is accredited by The Higher Learning Commission: A Commis-
sion of the North Central Association of Colleges and Schools, 230 South LaSalle
Street, Suite 7-500, Chicago, IL 60604-1413, Telephone: 1-800-621-7440. Rose
State College, in compliance with Titles VI and VII of the Civil Rights Act of 1964, as
amended; Executive Order 11246, as amended; Title IX of the Education Amend-
ments of 1972; Americans with Disabilities Act of 1990, as amended by the ADA
Amendments Act of 2008 (ADAAA); Genetic Information Nondiscrimination Act of
2008 (GINA); and other federal laws and regulations, does not discriminate on the
basis of race, color, sex, age, national origin, religion, disability, genetic information,
sexual orientation, or status as a veteran in any of its policies, practices, or proce-
dures. This includes but is not limited to: admissions, employment, financial aid,
and educational programs, activities or services. The Affirmative Action Officer is the
Executive Director, Human Resources AAO.